

## Barrhaven Seniors Council

**Unless otherwise indicated on the calendar, all programs are at the “Barrhaven Seniors’ Centre”**

December 2017						
◀ November 2017						January 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CANASTA 1 PM to 4 PM Chair Exercises 2:30 – 3:30 PM SNCHC	2
3 Barrhaven Seniors' Centre is located at 700 Longfields Drive	4 Seniors' Drop In 9:30 to 11:30 Knitting 1:30 to 3 PM Library Poetry and Play Reading: 1 PM to 4 PM	5 V!VA Aquafit 9:30 to 10:15 AM Art For Seniors 9:30 AM to 11:30 AM BRIDGE 1 PM to 4 PM	6 EUCHRE 1 to 4 PM Chair Exercises 2:30 – 3:30 PM SNCHC	7 CRIBBAGE 1 PM to 4 PM		9
10 Ruth E Dickinson Library is located at 100 Malvern Drive	11 Seniors' Drop In 9:30 to 11:30 Knitting 1:30 to 3 PM Library 1 PM to 4PM Scrabble and Mahong	12 V!VA Aquafit 9:30 to 10:15 AM Art For Seniors 9:30 AM to 11:30 AM BRIDGE 1 PM to 4 PM	13 Book Club 10 AM-Library 11:30 AM Festive Lunch: Swiss Chalet EUCHRE 1 to 4 PM Chair Exercises 2:30 – 3:30 PM SNCHC	14 CRIBBAGE 1 PM to 4 PM	15 CANASTA 1 PM to 4 PM Chair Exercises 2:30 – 3:30 PM SNCHC	16
17 BUS TOUR Alight All Night Upper Canada Village	18 Seniors' Drop In 9:30 to 11:30 Knitting 1:30 to 3 PM Library "Round The Kitchen Table:" 1 PM to 4 PM	19 V!VA Aquafit 9:30 to 10:15 AM BRIDGE 1 PM to 4 PM	20 EUCHRE 1 to 4 PM Chair Exercises 2:30 – 3:30 PM SNCHC	21 CRIBBAGE 1 PM to 4 PM	22 CANASTA 1 PM to 4 PM	23
24	25 Christmas	26 Boxing Day	27	28	29	30
31	Notes: Chair Exercises are held at SNCHC = South Nepean Community Health Centre 4100 Strandherd Drive, Suite 201					